



# ACTIVE LIVING COMMUNITY WALK

**Saturday, May 17 • Showers Plaza • FREE**

## BE ACTIVE TODAY

Join the Active Living Coalition as we promote increasing activity and making healthy lifestyle changes. Take a one or two mile walk, shop at the Farmers' Market, and check out information at many health fair and screening booths. The first 100 people at the walk will receive a free walk t-shirt and pedometer.

Registration: 8 - 8:45 a.m.

Stretching: 8:45 - 9 a.m.

Walk: 9 a.m.

1-Mile or 2-Mile route through downtown Bloomington

Free health fair and screenings available from 9 a.m. to 1 p.m. at the Showers Plaza

The Active Living  
Community Walk  
is sponsored by:



**Bloomington  
Hospital**

Community Health Education & Services



**The Herald-Times**

